



# Roasted Brussels Sprouts, Potatoes, and Chicken

**Prep time:** 1 hour

**Makes:** 4 Servings

A versatile fall baked dish, our tasty version features potatoes and Brussels sprouts, but other fall vegetables, such as parsnips, carrots, and cabbage could be substituted.

## Ingredients

**3 cups** brussels sprouts (fresh or frozen halved vertically, about 3/4 pound)

**4** small red potatoes (cut into chunks)

**1/2 cup** chopped onion

**2 cloves** garlic (minced)

**2 tablespoons** olive oil




**1/4 teaspoon** salt

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>400</b>
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	75 mg
Sodium	370 mg
Total Carbohydrate	40 g
Dietary Fiber	6 g
Total Sugars	6 g
Added Sugars included	0 g
<b>Protein</b>	<b>35 g</b>
Vitamin D	0 mcg
Calcium	207 mg
Iron	3 mg
Potassium	1318 mg

N/A - data is not available

## MyPlate Food Groups

 Vegetables	2 1/4 cups
 Protein Foods	2 1/2 ounces
 Dairy	1/2 cup

**1/8 teaspoon** pepper

**1/2 cup** non-fat ricotta cheese (or cottage cheese)

**1/4 cup** Part-skim mozzarella cheese (shredded)

**2 tablespoons** non-fat milk

**1 pound** boneless chicken breast (4 portions)

## Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. In a 2 quart baking dish coated with cooking spray, toss Brussels sprouts, potatoes, onion, and garlic with 1 T olive oil, salt, and pepper.
3. In a small bowl, mix cheese with milk.
4. Coat chicken breasts with remaining olive oil.
5. Nest among vegetables in baking dish.
6. Top with cheese mix.
7. Cover with foil and bake for 40-45 minutes or until chicken is done.

## Notes

Serve with 8oz non-fat milk and orange slices.

**Source:** Produce for Better Health Foundation